



*The Fuji Grill is a high quality quick service Japanese restaurant for lunch, dinner, and catering. We are the home of "Healthy and Delicious Japanese Food." The Fuji Grill prepares and cooks for customer health, which means no MSG, no skin, and no frying. We offer a wide range of vegetarian and seafood choices, as well as sugar-free beverages such as Japanese Green Tea. Our master chef Kazuo Ikeda has developed the Fuji Grill recipes with his many years of Japanese cooking experience. We're sure you'll find something to love at the Fuji Grill. \$*

## Fuji Grill

2318 N. Tustin St. #B (in the Village at Orange), Orange 92865 (714) 998-3689  
 30012 Crown Valley Pkwy #I (at Niguel), Laguna Niguel, 92677 (949) 363-9292  
 1500 Canada Blvd. (next to Glendale Comm. College), Glendale 91208 (coming soon)

### VEGGIE BOWL 🥗

- ✓✓ CALORIES: Excellent Choice (400)
  - ✓✓ CHOLESTEROL: Excellent Choice (0 mg)
  - ✓✓ FAT: Excellent Choice (2 g)♥
  - ✓✓ SODIUM: Excellent Choice (50 mg)\*\*
- PROTEIN: 12 g, CARBOHYDRATE: 83 g, FIBER: 6 g

### TUNA TATAKI SALAD BOWL 🥗

- ✓✓ CALORIES: Excellent Choice (160)
  - ✓✓ CHOLESTEROL: Excellent Choice (40 mg)
  - ✓✓ FAT: Excellent Choice (7 g)
  - ✓ SODIUM: Good Choice (430 mg)\*\*
- PROTEIN: 19 g, CARBOHYDRATE: 5 g, FIBER: 3 g

### CHICKEN SALAD BOWL 🥗

- ✓✓ CALORIES: Excellent Choice (380)
  - ✓ CHOLESTEROL: Good Choice (150 mg)
  - ✓ FAT: Good Choice (20 g)
  - ✓ SODIUM: Good Choice (550 mg)\*\*
- PROTEIN: 45 g, CARBOHYDRATE: 5 g, FIBER: 3 g

### HALF AND HALF SUSHI BOWL

- ✓ CALORIES: Good Choice (510)
  - ✓✓ CHOLESTEROL: Excellent Choice (60 mg)
  - ✓✓ FAT: Excellent Choice (11 g)
  - SODIUM: Moderate (800 mg)\*\*
- PROTEIN: 29 g, CARBOHYDRATE: 70 g, FIBER: 4 g

### GRILLED SALMON BOWL

- ✓ CALORIES: Good Choice (575)
  - ✓ CHOLESTEROL: Good Choice (80 mg)
  - ✓✓ FAT: Excellent Choice (11 g)♥
  - ✓✓ SODIUM: Excellent Choice (180 mg)\*\*
- PROTEIN: 38 g, CARBOHYDRATE: 76 g, FIBER: 3 g

### CHICKEN TERIYAKI BOWL

- ✓ CALORIES: Good Choice (630)
  - ✓ CHOLESTEROL: Good Choice (135 mg)
  - ✓✓ FAT: Excellent Choice (14 g)
  - ✓✓ SODIUM: Excellent Choice (280 mg)\*\*
- PROTEIN: 47 g, CARBOHYDRATE: 73 g, FIBER: 3 g

### DYNAMITE SUSHI BOWL – SPECIAL REQUEST

Request no wasabi paste.

- ✓✓ CALORIES: Excellent Choice (410)
  - ✓✓ CHOLESTEROL: Excellent Choice (60 mg)
  - ✓✓ FAT: Excellent Choice (3 g)♥
  - ✓ SODIUM: Good Choice (465 mg)\*\*
- PROTEIN: 38 g, CARBOHYDRATE: 54 g, FIBER: 4 g

♥ Primarily unsaturated fat  
 \* If you request no added salt

🥗 at least 2 fruit/vegetable servings  
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